

The safest holiday celebrations are those done with people in your household.

20 SAFER WAYS TO CELEBRATE THE SEASON

All traditions start somewhere! Try something new, and you might find one that sticks beyond this year.

- 1. If you typically have big family gatherings, think about what you would normally do at those gatherings and see if you can replicate them with your immediate family unit. Have a mini celebration that mimics the big one. If that feels too weird or there aren't enough people, then maybe it's best to abandon the tradition for just this year and do something different altogether
- 2. Express your gratitude: Write down things you are grateful for and share with friends and family
- 3. Take video and post it on a family Facebook group so that everyone can watch
- 4. Schedule a celebration, sing along, or chat via video call
- 5. Donate to a charity in someone's name or participate in virtual fundraiser
- 6. Give homemade gifts
- 7. Start a family gift exchange
- 8. Make cards for a friend or neighbor and leave them on their porch
- 9. Make a dish or sweet treat for a neighbor or friend and leave it on their porch
- 10. Schedule a virtual game night with family or friends
- 11. Find an online worship service
- 12. Create a holiday movie list and make movie night a standing date with members of your household
- 13. Go for a drive to check out holiday lights
- 14. Find out how to support and your local businesses virtually or through curbside pick up
- 15. Decorate early inside and outside!
- 16. Sign up to do a virtual holiday run or walk in your community
- 17. Reach out and talk to someone you haven't talked to in a while
- 18. Share a family recipe do you normally bring the pie using grandma's recipe? Share it with other family or friends
- 19. Swap board games with someone you know to play with your household members
- 20. Share your celebration ideas with friends and family! Maybe it'll become a new tradition for them.



Some ideas sourced from:

- · Northwestern Medicine
- Centers for Disease Control and Prevention